



Tuscan Smoked Turkey Soup

This hearty soup will surely tantalize taste buds with tender smoked turkey chunks, Navy beans, and a colorful array of veggies, all simmered in a deliciously seasoned broth.

Yield: Six 1 cup servings

Ingredients:

- 1/3 cup onions, peeled, diced 1/2"
- 1/3 cup celery, diced
- 1/3 cup carrots, peeled, diced
- 1 1/2 cups kale, no stems, chopped
- 2 1/4 tsp canned low-sodium tomato paste
- 1 Tb garlic, minced
- 4 1/4 cups low-sodium chicken stock
- 1 3/4 cups canned low-sodium navy beans, drained, rinsed
- 1/2 tsp salt
- 1/8 tsp ground black pepper
- 1 cup smoked turkey breast, 1/4" pieces
- 2 tsp fresh thyme, chopped
- 2 tsp fresh basil, chopped
- 2 tsp fresh parsley, chopped

Directions:

1. Place onions, celery, carrots, kale, tomato paste, and garlic in a large pot coated with nonstick cooking spray
2. Cook over medium-high heat, stirring frequently
3. Cook until vegetables are softened and onions are translucent
4. Add chicken stock, beans, salt, and pepper
5. Reduce temperature to low heat
6. Cover and simmer for 20 minutes, stirring occasionally.
7. Add turkey, thyme, basil, and parsley.
8. Stir well and simmer a minimum of 10 minutes
9. Serve hot and enjoy!

Recipe adapted from Healthy Kids Cookbook for Homes

School meal pattern contribution: 1 cup serving provides 1 1/2 oz meat/meat alternate and 1/4 c. vegetable OR 1/2 oz equivalent meat and 1/2 c. vegetable